

Base Menu Spreadsheet

Portion Values

Mar 2, 2020 thru Mar 31, 2020

Menu Name: Millburn Elementary Lunch

Include Cost: No

Site: All Sites

Report Style: Detailed

Tuesday - 03/03/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990733 Chicken Nugget, WG, Tyson, P-366211	5 Each	40	210	2.00	320	1	12.00	0.00	20	13.00	2.00	13.00	0	20.0	0.00	1.80
990679 Ultra Loco Garlic & Herb Breadstick, P-609619	Each	40	60	0.00	80	0	0.50	0.00	0	12.00	1.00	2.00	0	10.0	0.00	0.70
990854 Cheese Pizza, Stuffed Crust, The Max, P-312644	Slice	40	300	3.00	500	5	9.00	0.00	10	38.00	3.00	16.00	0	370.0	0.00	2.40
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	70	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	15	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	15	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04

Base Menu Spreadsheet

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000222 KETCHUP: individual	Pkt 6g	40	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			547	3.69	852	*28	15.45	*0.01	27	76.76	7.50	27.81	*1734	549.9	*31.08	3.99
% of Calories				6.07%		*20.5%	25.4%	*0.0%		56.1%		20.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 03/04/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990230 Max Cheese Sticks, The Max, P-872368	2 Sticks	40	300	5.00	780	2	14.00	0.00	10	32.00	4.00	14.00	0	300.0	0.00	1.44
990257 Tomato Basil Sauce, Arbor E-18	2 oz.	40	22	0.00	126	2	0.00	0.00	0	4.40	0.72	0.75	520	1.3	3.33	0.77
990266 Salisbury Steak, Advance, 2.7 oz., 3g	Each	40	180	5.00	220	*N/A*	13.00	0.00	40	3.00	1.00	14.00	100	40.0	1.20	1.80
990679 Ultra Loco Garlic & Herb Breadstick, P-609619	Each	40	60	0.00	80	0	0.50	0.00	0	12.00	1.00	2.00	0	10.0	0.00	0.70
990374 Mashed Potatoes, Basic American, P-432315	1/4 Cup	40	35	0.00	60	0	0.00	0.00	0	7.08	0.50	1.01	1	5.3	3.21	0.28
990519 Brown Gravy, Chef Companion P-370779	OZ	40	10	0.00	155	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990821 Slushie, Blue Raspberry, Cool Tropics, P-453064	Each	85	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00	500	0.0	60.00	0.36
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	15	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			550	5.77	1045	*31	17.95	*0.01	35	72.29	6.29	27.72	*2299	522.0	*75.33	4.09
% of Calories				9.44%		*22.5%	29.4%	*0.0%		52.6%		20.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 03/05/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	40	323	6.20	589	4	15.00	0.00	48	28.00	3.00	21.50	0	138.0	0.00	2.00
990340 MACARONI AND CHEESE	2/3 CUP	40	321	6.89	961	*9	12.20	*0.00	33	30.52	0.80	22.95	1665	615.3	0.93	0.86

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990396 Broccoli, West Creek, 1/2C, 2g	1/2 Cup	80	11	0.00	10	0	0.00	0.00	0	2.00	1.50	1.50	450	25.0	25.20	0.36
990865 Happy Birthday Cookies, Mini, P-616402	Bag	100	140	1.50	95	10	5.00	0.00	0	24.00	1.00	1.00	0	0.0	0.00	0.72
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			721	8.50	1191	*40	22.85	*0.01	47	99.30	8.81	35.39	*2749	711.1	*51.42	4.14
% of Calories				10.61%		*22.2%	28.5%	*0.0%		55.1%		19.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Mar 2, 2020 thru Mar 31, 2020

Friday - 03/06/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990823 Pizza Munchable, A-85	Each	40	384	8.75	704	5	16.75	0.00	30	37.65	2.97	18.50	720	476.3	3.33	2.48
990055 Seasoned Green Beans, Arbor E-13	1/2 Cup	60	20	0.00	140	2	0.00	0.00	0	4.00	2.00	0.60	200	20.0	3.60	0.72
990082 Chicken Strips, WG, GoldKist, P-470150	3 Strips	40	210	2.50	400	0	10.00	0.00	35	14.00	2.00	15.00	100	20.0	78.00	1.80
990679 Ultra Loco Garlic & Herb Breadstick, P-609619	Each	40	60	0.00	80	0	0.50	0.00	0	12.00	1.00	2.00	0	10.0	0.00	0.70
990561 Tater Tots, ORE-IDA, P-284787	1/2 C (8 ea)	80	116	0.89	277	0	5.36	0.00	0	14.29	1.79	1.79	0	0.0	3.21	0.16
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04

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Arbor Management Inc

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000222 KETCHUP: individual	Pkt 6g	40	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			684	6.99	1263	*28	22.16	*0.01	41	90.07	10.12	31.42	*2180	604.6	*68.23	4.55
% of Calories				9.20%		*16.4%	29.2%	*0.0%		52.7%		18.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 03/09/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990642 BBQ Rib Sandwich Arbor B-42	Each	40	352	3.34	1008	16	12.11	0.03	40	40.63	3.30	19.23	200	71.0	3.60	2.50
990048 Crispy Chicken Sandwich B-11	Each	40	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990561 Tater Tots, ORE-IDA, P-284787	1/2 C (8 ea)	90	116	0.89	277	0	5.36	0.00	0	14.29	1.79	1.79	0	0.0	3.21	0.16
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40

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Arbor Management Inc

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	50	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			699	4.91	1405	*32	21.64	*0.02	45	95.74	9.63	33.14	*1857	453.0	*66.53	4.26
% of Calories				6.32%		*18.3%	27.9%	*0.0%		54.8%		19.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 03/10/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	40	458	9.77	585	1	24.94	0.00	63	39.33	4.72	22.22	406	284.4	3.05	1.85
990369 Pizza Quesadilla, The Max, P-245774	Slice	40	320	3.00	810	3	12.00	0.00	10	39.00	4.00	18.00	300	150.0	0.00	2.70
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00

Base Menu Spreadsheet

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			626	6.88	1026	*26	21.75	*0.01	44	81.62	8.58	31.50	*2005	563.6	*32.11	3.81
% of Calories				9.89%		*16.6%	31.3%	*0.0%		52.2%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 03/11/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	40	267	3.34	888	*4	11.11	0.03	35	30.63	2.30	12.23	0	91.0	2.40	1.78
990493 Cheese Pizza, THE MAX, 4x6, P-973513	Slice	40	260	4.00	650	4	7.00	0.00	20	34.00	4.00	16.00	1000	200.0	0.00	5.40
990700 Seasoned 1/2" Crinkle Fries, P-602150	1/2 Cup	80	94	0.49	171	0	3.11	0.05	0	15.24	0.00	1.38	0	0.0	0.00	0.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	80	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000224 RELISH: individual PC	PC packet	30	10	0.00	61	2	0.04	0.00	0	2.63	0.08	0.03	91	0.2	0.08	0.06
Weighted Daily Average			610	5.10	1287	*29	16.73	*0.06	37	90.60	7.65	27.87	*2179	507.1	*32.09	4.90
% of Calories				7.52%		*19.0%	24.7%	*0.1%		59.4%		18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 03/12/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990168 Homestyle Popcorn Chicken Bowl, Arbor A-43	Bowl	40	320	3.21	553	1	12.70	0.00	35	35.48	3.86	17.22	234	27.3	19.52	2.22
990057 Cheese Stuffed Sticks, The Max, 6", P-43901	2 Each	40	300	5.00	780	*N/A*	14.00	0.00	10	32.00	4.00	14.00	0	300.0	0.00	1.44
990257 Tomato Basil Sauce, Arbor E-18	2 oz.	40	22	0.00	126	2	0.00	0.00	0	4.40	0.72	0.75	520	1.3	3.33	0.77
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

Base Menu Spreadsheet

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			572	5.05	1052	*26	17.66	*0.01	33	79.04	8.53	28.20	*2024	521.2	*40.03	3.76
% of Calories				7.95%		*18.2%	27.8%	*0.0%		55.3%		19.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 03/13/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990733 Chicken Nugget, WG, Tyson, P-366211	5 Each	40	210	2.00	320	1	12.00	0.00	20	13.00	2.00	13.00	0	20.0	0.00	1.80
990679 Ultra Loco Garlic & Herb Breadstick, P-609619	Each	40	60	0.00	80	0	0.50	0.00	0	12.00	1.00	2.00	0	10.0	0.00	0.70
990517 Pancakes, Whole Wheat, Echo Lake, P-392047	2 Each	40	160	0.00	200	6	2.00	0.00	0	30.00	2.00	4.00	0	40.0	0.00	1.44
990084 Turkey Sausage Patty, 1.03 oz, Jennie-O	Each	40	60	1.00	100	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.36
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	40	79	0.02	20	14	0.02	0.02	0	20.16	0.02	0.01	3	1.9	0.01	0.06
990561 Tater Tots, ORE-IDA, P-284787	1/2 C (8 ea)	80	116	0.89	277	0	5.36	0.00	0	14.29	1.79	1.79	0	0.0	3.21	0.16
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	40	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			637	3.69	993	*33	18.67	*0.01	35	92.27	8.54	26.86	*1734	426.9	*33.54	3.87
% of Calories				5.21%		*20.7%	26.4%	*0.0%		57.9%		16.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 03/16/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990064 French Toast Stick, WG, Papettis	3 Each	40	113	1.24	300	*N/A*	4.18	0.00	119	25.21	2.71	8.70	170	79.1	0.00	1.63
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	40	79	0.02	20	14	0.02	0.02	0	20.16	0.02	0.01	3	1.9	0.01	0.06
990082 Chicken Strips, WG, GoldKist, P-470150	3 Strips	40	210	2.50	400	0	10.00	0.00	35	14.00	2.00	15.00	100	20.0	78.00	1.80
990561 Tater Tots, ORE-IDA, P-284787	1/2 C (8 ea)	90	116	0.89	277	0	5.36	0.00	0	14.29	1.79	1.79	0	0.0	3.21	0.16

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	70	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	15	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	15	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	50	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			585	4.00	1037	*31	17.35	*0.01	76	88.42	8.60	26.51	*1847	430.4	*65.22	3.57
% of Calories				6.15%		*21.2%	26.7%	*0.0%		60.5%		18.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 03/17/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990105 Pizza Burger, B-3	Each	40	368	7.70	628	4	16.50	0.00	50	30.45	3.49	26.49	469	288.0	2.36	2.53
990048 Crispy Chicken Sandwich B-11	Each	40	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990561 Tater Tots, ORE-IDA, P-284787	1/2 C (8 ea)	90	116	0.89	277	0	5.36	0.00	0	14.29	1.79	1.79	0	0.0	3.21	0.16
990658 Strawberry Gelatin TFF P-326272	1/4 Cup	100	215	0.00	42	8	0.00	0.00	0	8.50	0.00	0.50	0	0.0	7.50	0.00
990307 Fresh Coleslaw, Arbor E-16	1/4 Cup	60	19	0.27	28	*0	1.45	*0.00	2	1.32	0.14	0.21	22	7.5	8.00	0.08
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	40	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			931	6.81	1304	*36	24.27	*0.01	50	100.71	9.79	36.66	*1973	544.2	*78.30	4.32
% of Calories				6.58%		*15.5%	23.5%	*0.0%		43.3%		15.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 03/18/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	40	458	9.77	585	1	24.94	0.00	63	39.33	4.72	22.22	406	284.4	3.05	1.85
990823 Pizza Munchable, A-85	Each	40	384	8.75	704	5	16.75	0.00	30	37.65	2.97	18.50	720	476.3	3.33	2.48
990226 Black Bean & Corn Salsa, Arbor E-21	1/2 Cup	40	156	0.01	292	*0	0.54	*0.00	0	25.74	7.01	8.05	7	55.9	0.76	3.07
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990820 Slushie, Kiwi Strawberry, Cool Tropics, P-279212	Each	85	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00	500	0.0	60.00	0.36
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	15	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			706	9.18	1109	*32	23.84	*0.01	52	89.19	9.28	34.52	*2504	706.0	*75.09	5.06
% of Calories				11.70%		*18.1%	30.4%	*0.0%		50.5%		19.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 03/19/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990085 Cheese Pizza, WG, The MAX, 37g P-312645	Each	40	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990738 Corn Dog, Turkey, Mini, JTM, P-597483	6 Each	40	267	1.90	365	12	11.00	0.00	34	33.00	3.00	9.00	114	66.0	51.00	1.00
990700 Seasoned 1/2" Crinkle Fries, P-602150	1/2 Cup	90	94	0.49	171	0	3.11	0.05	0	15.24	0.00	1.38	0	0.0	0.00	0.00
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	70	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	15	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	15	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	40	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			622	4.09	1016	*30	17.25	*0.06	34	93.28	7.90	26.64	*1939	536.3	*51.48	3.87
% of Calories				5.92%		*19.3%	25.0%	*0.1%		60.0%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 03/20/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990723 Sloppy Joe,Scoops, Beef, Pre-made, B-43d	Serving	40	255	2.20	542	8	8.50	0.00	44	29.00	4.00	15.00	459	54.0	6.00	2.36
990230 Max Cheese Sticks, The Max, P-872368	2 Sticks	40	300	5.00	780	2	14.00	0.00	10	32.00	4.00	14.00	0	300.0	0.00	1.44

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990257 Tomato Basil Sauce, Arbor E-18	2 oz.	40	22	0.00	126	2	0.00	0.00	0	4.40	0.72	0.75	520	1.3	3.33	0.77
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990296 Corn, Golden Sweet	1/2 Cup	40	70	0.00	0	2	0.50	0.00	0	18.00	2.00	3.00	200	0.0	6.00	0.36
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08

Base Menu Spreadsheet

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000224 RELISH: individual PC	PC packet	30	10	0.00	61	2	0.04	0.00	0	2.63	0.08	0.03	91	0.2	0.08	0.06
Weighted Daily Average			577	4.65	1065	*31	16.19	*0.01	37	84.44	9.41	28.52	*2222	532.0	*37.04	3.98
% of Calories				7.25%		*21.5%	25.3%	*0.0%		58.5%		19.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 03/30/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990517 Pancakes, Whole Wheat, Echo Lake, P-392047	2 Each	40	160	0.00	200	6	2.00	0.00	0	30.00	2.00	4.00	0	40.0	0.00	1.44
990189 Egg Patty, Square, 2.5" P-999361	1 patty	40	35	1.00	35	0	2.50	0.00	90	1.00	0.00	3.00	0	25.0	0.00	0.00
990738 Corn Dog, Turkey, Mini, JTM, P-597483	6 Each	40	267	1.90	365	12	11.00	0.00	34	33.00	3.00	9.00	114	66.0	51.00	1.00
990700 Seasoned 1/2" Crinkle Fries, P-602150	1/2 Cup	90	94	0.49	171	0	3.11	0.05	0	15.24	0.00	1.38	0	0.0	0.00	0.00
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	70	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40

Base Menu Spreadsheet

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 MILK,Skim	HALF PINT	15	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	15	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			587	3.29	870	*32	15.85	*0.06	64	90.39	7.09	23.02	*1770	442.0	*51.41	3.00
% of Calories				5.04%		*21.8%	24.3%	*0.1%		61.6%		15.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 03/31/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990085 Cheese Pizza, WG, The MAX, 37g P-312645	Each	40	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990182 Strawberry Yogurt, Upstate Farms, 19g	1/2 Cup	40	90	0.00	50	15	0.00	0.00	0	19.00	0.00	3.00	0	200.0	0.00	0.00
990065 Banana Muffin, WG, Smart Choice, P-370577	Each	40	160	0.50	115	13	4.50	0.00	25	27.00	1.00	3.00	0	20.0	1.20	1.08
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36

Base Menu Spreadsheet

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	70	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	15	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	15	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			529	3.09	765	*36	11.85	*0.01	31	84.27	7.09	24.19	*1884	597.6	*31.49	3.90
% of Calories				5.26%		*27.2%	20.2%	*0.0%		63.7%		18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	636	5	1080	*31	18.84	*0.02	43	88.02	8.43	29.37	*2056	541	*51.27	4.07
% of Calories		7.58%		*19.5%	26.7%	*0.0%		55.4%		18.5%				

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 2, 2020 thru Mar 31, 2020

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.